



ChiroSolutions Center

We Care For **EVERY** Body

NEW PATIENT APPLICATION FORM

WELCOME and THANK YOU for applying as a patient in our office. We are a very unique and different team specializing in research-based spinal and postural rehabilitation. Our methods have enabled our patients to achieve their optimal health; even when many other systems have failed. Because of our specialized approach, we do not accept every patient that applies to our office. When we are absolutely certain that we know the cause of your condition, can perform the necessary tests to establish an optimal rehab program for you, and are completely confident we can help you recover your health; then you will be accepted as a patient. Please know if we do accept you as a patient, we will make specific recommendations based upon our understanding that your health will become your TOP PRIORITY. Thank you again for applying as a patient in our office.

Patient Name

Patient Signature

Date Completed

Patient Information

Name: _____

Preferred/Nickname: _____

Home Address: _____

Cell Phone: () _____

City, State, Zip: _____

Alt. Phone: () _____

Email Address: _____

Birth Date: __/__/____ Gender: M F

SSN #: ____ - ____ - ____ Marital Status: S M D W

Race: _____ Ethnicity: _____

Occupation/Employer: _____

Primary Language: _____

Spouse's Information (if applicable)

Spouse's Name: _____

Spouse's Phone: () _____

Spouse's Occupation/Employer: _____

Who may we thank for your referral to our office? _____

Purpose For This Visit

Is there a specific health-concern or are you seeing us for a general wellness visit? _____

Is this related to an accident or injury (other than auto or work related) *? Y N (Date: __/__/__)
**if your symptoms are related to an auto injury or work-related injury. Please ask the front desk for additional forms.*

Describe: _____

Please use the General Symptoms Chart on page 4 to provide a detailed notation of your symptoms.

When did these symptoms begin? __/__/__ Are they: ___Constant ___Intermittent ___Activity-related

Are they getting worse? Y N Do they interfere with: ___Work ___Sleep ___Hobbies ___Routine

Explain: _____

Is there anything that aggravates your symptoms? _____

Is there anything that relieves your symptoms? _____

Have you been treated for these symptoms before? Y N When were you last treated? __/__/__

Who did you see? _____ Treatment Performed? _____

How did you respond? _____

Experience with Chiropractic Care

Have you seen a Chiropractor before? [] Y [] N If yes, who? _____

Reason for visit(s): _____

Did your previous Chiropractor take 'before' and 'after' X-Rays? [] Y [] N

Did he or she recommend a specific course of treatment? [] Y [] N

Did they recommend a Home Health Care program? [] Y [] N If yes, what? _____

How long were you treated? _____ Date of last treatment: ___/___/___

How did you respond? _____

Are you aware of any poor posture habits? [] Y [] N If yes, please explain: _____

Is there any history of spinal problems in your family? [] Y [] N If yes, please explain: _____

Health and Lifestyle

Do you exercise? [] Y [] N How often? _____ day(s) per week; Other: _____

What activities? ___ Walking ___ Running ___ Weight Training ___ Cycling ___ Swimming ___ other

If other: _____

Do you smoke? [] Y [] N How much?/How often? _____

Do you drink alcohol? [] Y [] N How much?/How often? _____

Do you drink coffee? [] Y [] N How much?/How often? _____

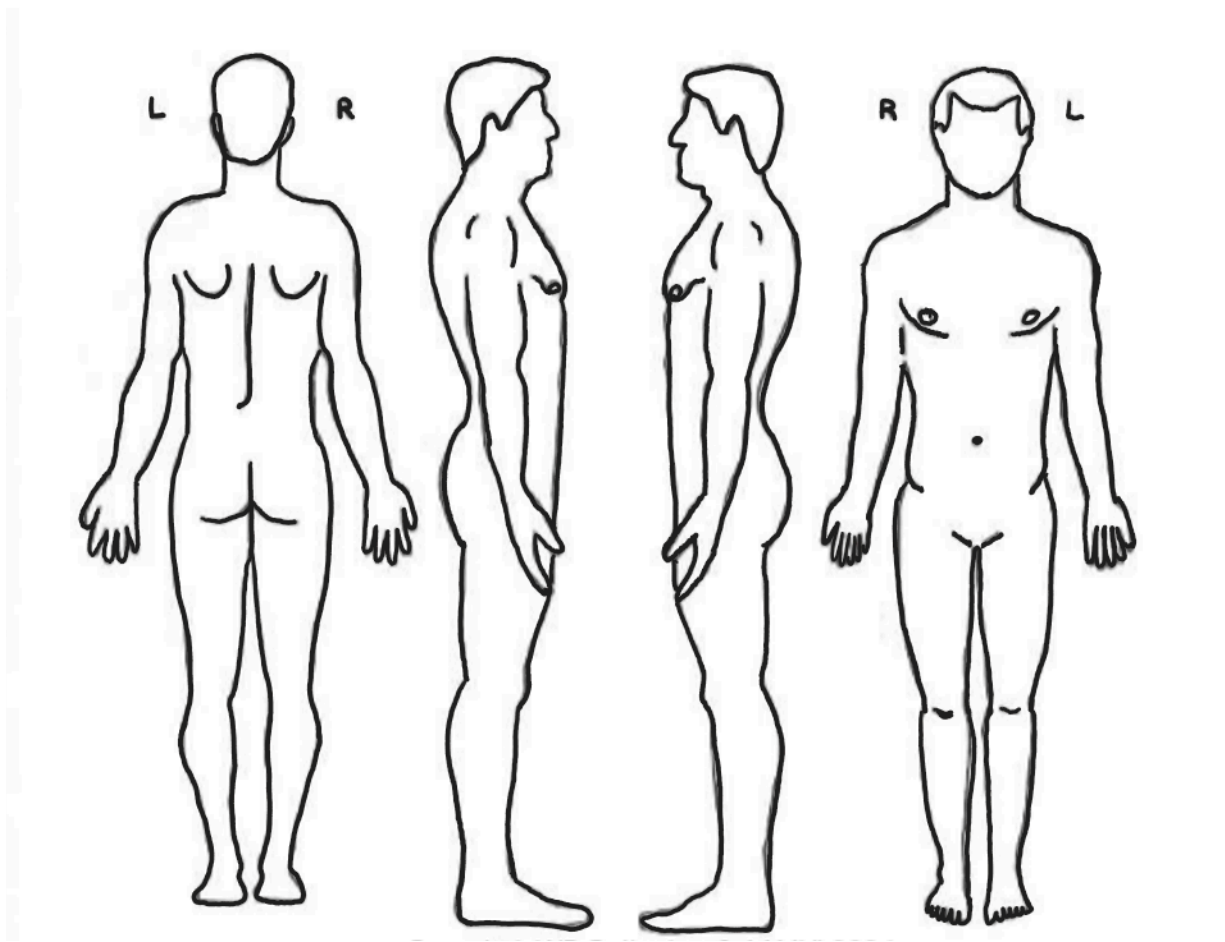
Do you take any supplements? (vitamins, minerals, herbs) [] Y [] N

If yes, please list: _____

General Symptoms Chart

Please use the following notations on the figures below to indicate the type and location of your symptoms, as it relates to the purpose of your visit today.

- | | | |
|--------------------|---------------|-------------|
| A = Ache | G= Stabbing | N= Numbness |
| B= Burning | M = Spasms | T= Tingling |
| P = Pins & Needles | F = Stiffness | O = other |



IF YOU MARKED "O" FOR OTHER ON ANY PART, PLEASE EXPLAIN BELOW

Patient Name _____ **DOB:** _____

Health Conditions

Your spine is the foundation of health and core strength in your body. Shifts in the vertebrae or sections of the spine will spread ultimately causing weakness and distortion to ALL areas of the spine. These distortions are reflected in abnormal posture. Research shows abnormal posture leads to chronic pain, disease and possibly a shortened lifespan.¹ Please answer the following questions accurately so we may determine the full extent of your condition.

Cervical Spine (Neck)

Misalignment of the individual vertebrae or distortion of the complete cervical curve (neck) originating in the neck or a compensation from postural distortions in other areas of the spine may result in many health conditions. Have you experienced any of these symptoms presently or in the past?

Please indicate (N) = Now, (P) = Past, next to all conditions you have experienced or both if applicable.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Allergies/ Hay Fever | <input type="checkbox"/> Coldness in hands | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Hearing disturbances | <input type="checkbox"/> Low Energy/Fatigue | <input type="checkbox"/> Neck pain | <input type="checkbox"/> Numbness |
| <input type="checkbox"/> Pain in shoulder/arms/hands | <input type="checkbox"/> Recurrent colds/Flu | <input type="checkbox"/> Sinusitis | <input type="checkbox"/> Thyroid conditions |
| <input type="checkbox"/> Tingling in arms/hands | <input type="checkbox"/> TMJ/Pain/Clicking | <input type="checkbox"/> Visual disturbances | <input type="checkbox"/> Weakness in grip |
| <input type="checkbox"/> Other (please explain) | | | |

Explanation(s): _____

Thoracic Spine (Upper Back)

Misalignment of the individual vertebrae or distortion of the upper thoracic curve (upper back) originating in the upper back or a compensation from postural distortions in other areas of the spine may result in many health conditions. Have you experienced any of these symptoms presently or in the past?

Please indicate (N) = Now, (P) = Past, next to all conditions you have experienced or both if applicable.

- | | | |
|---|--|--|
| <input type="checkbox"/> Asthma/Wheezing | <input type="checkbox"/> Heart Murmurs | <input type="checkbox"/> Heart Attacks/Angina |
| <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Pain on deep inspiration/expiration | |
| <input type="checkbox"/> Recurrent lung infections/bronchitis | <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Tachycardia (fast heart beat) |

Please explain: _____

1. Postural and Degenerative Kyphosis: Freeman JT. Posture in the Aging and Aged body. JAMA 1957, Oct 19: 843-846.

Health Conditions continued...

Thoracic Spine (Mid Back)

Misalignment of the individual vertebrae or distortion of the mid thoracic curve (mid back) originating in the mid back or a compensation from postural distortions in other areas of the spine may result in many health conditions. Have you experienced any of these symptoms presently or in the past?

Please indicate (N) = Now, (P) = Past, next to all conditions you have experienced or both if applicable.

- Diabetes Heartburn Hypoglycemia/hyperglycemia Indigestion
- Liver Problems Mid Back Pain Nausea Pain in ribs/chest
- Reflux Spleen problems Tired/irritable after eating or when not having eaten for a while
- Ulcers/Gastritis Other (please explain)

Please explain: _____

Lumbar Spine (Low Back)

Misalignment of the individual vertebrae or distortion of the lumbar curve (low back) originating in the low back or a compensation from postural distortions in other areas of the spine may result in many health conditions. Have you experienced any of these symptoms presently or in the past?

Please indicate (N) = Now, (P) = Past, next to all conditions you have experienced or both if applicable.

- Coldness in legs/feet Constipation/diarrhea Frequent/difficulty urinating
- Low back pain Mentrual irregularities/cramping (females) Muscle cramps in legs/feet
- Numbness/tingling in legs/feet Pain in legs/feet Recurrent bladder infections
- Weakness/injuries in hips/knees/ankles

Please explain: _____

Other

Please list any health conditions not mentioned: _____

Please list any surgeries (include type of surgery and date it was performed): _____

Please list any medications (include name, dose, for what and how long you have been taking it): _____

Family Health History

Have any of your family members ever been diagnosed with the following? If so, please indicate "Y" for You, and "O" for Other than you, or both if applicable.

- | | | | |
|---------------------------|-------------------|---------------------------|--------------------------|
| ___ Anemia | ___ Appendectomy | ___ Arthritis | ___ Blood sugar problems |
| ___ Broken bones/fracture | ___ Cancer | ___ Chicken pox/Shingles | ___ Circulatory problems |
| ___ Crohn's/Colitis | ___ Depression | ___ Diabetes | ___ Eczema/Psoriasis |
| ___ Epilepsy/seizures | ___ Gallbladder | ___ Heart disease | ___ Heart murmur |
| ___ Hepatitis | ___ Hernia | ___ High blood pressure | ___ HIV |
| ___ Infectious disease | ___ Influenza | ___ Kidney disease | ___ Liver disease |
| ___ Lumbago | ___ Lung disease | ___ Measles | ___ Metal Implants |
| ___ Migraine headaches | ___ Mumps | ___ Neurological problems | ___ Osteoporosis |
| ___ Paralysis | ___ Pleurisy | ___ Pneumonia/Bronchitis | ___ Polio |
| ___ Rheumatic fever | ___ Smallpox | ___ Stroke | ___ Thyroid problems |
| ___ Thyroid problems | ___ Tonsillectomy | ___ Tuberculosis | ___ Varicose veins |
| ___ Whooping cough | ___ Other* | | |

Explanation of (*) item(s): _____

Pregnancy Release

This is to certify that to the best of my knowledge I am not pregnant, and Dr. Coleman and Dr. Motley have my permission to perform an X-Ray evaluation. I have been advised that X-Ray can be hazardous to an unborn child.

Date of last menstrual cycle: ___/___/___ Patient's Signature: _____ Date: ___/___/___

In Case of Emergency

Name: _____ Relationship: _____

Cell Phone: _____ Home Phone: _____ Work Phone: _____

Patient Name _____ **DOB:** _____

Authorization of Care

I authorize and agree to allow Dr. Coleman, Dr. Motley and their team to work with my spine or the spine of the charge I represent through the use of spinal adjustments and rehabilitative exercise for the sole purpose of postural and structural restoration of normal biomechanical and neurological function.

I understand that I am responsible for all the fees incurred for the services provided and agree to ensure full payment of all charges.

Dr. Coleman, Dr. Motley and their staff will not be held responsible for any conditions or diagnoses which are pre-existing, given by another healthcare practitioner, or are not related to the spinal structural conditions diagnosed at this clinic.

I also clearly understand that if I do not follow Dr. Coleman’s, Dr. Motley’s, and/or staff’s specific recommendations at this office that I will not receive the full benefit from these programs; and that if I terminate my care prematurely that all fees incurred will be due and payable at his time.

Name Printed & Signature _____ **Date** ___/___/___

If a patient is a legal charge of limited capacity requiring guardianship for treatment, please complete the following:

Date Guardianship Awarded: ___/___/___ County, State of Guardianship _____

I hereby authorize Dr. Coleman and Dr. Motley to administer care as deemed necessary to my charge as appointed by the courts.

Guardian Signature _____ Date ___/___/___

Insurance

___ **(Please Initial)** We may accept assignment of insurance benefits. By signing this policy, you agree to assign your insurance benefits to ChiroSolutions Center, P.C. In cases where benefits are not assignable or in any care where your benefit is processed directly to you regardless of assignment, you agree to submit any payments received along with the explanation of benefits to this clinic within 10 days of receipt unless you have paid for the services represented by payment in full at the time of service. In no case will an assignment alleviate you of your obligation for payment of services rendered.

___ **(Please Initial)** Your insurance plan is a contract between you and your insurance company. This office is not a party to that contract and therefore cannot modify the terms of that contract. Payment for treatment you receive from this clinic is your responsibility whether your insurance company pays or not. We cannot bill your insurance company unless you provide us with your necessary billing information, assign your benefits to this clinic, and agree to permit us to release the necessary medical information required to secure payment. We will make every effort to ensure that your insurance carrier properly processes our services for payment. In some circumstances, we may require your assistance. If your insurance company does not pay your account in full, and you refuse to assist us in dealing with your carrier, the balance will be automatically transferred to you.

Declaration

I clearly understand that all insurance coverage, whether accident, work related, or general coverage is an arrangement between my insurance carrier and myself. If this office chooses to bill any services to my insurance carrier that they are performing these services as a convenience to me. Chiropractic Solutions Center, P.C. will provide any necessary reports or information to aid in reimbursement of services, but I understand that insurance carriers may deny claims that I am ultimately responsible. Any monies received will be credited to my account.

I clearly understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I also understand that if I suspend or terminate my care and treatment, any fees for professional services rendered to me will be immediately due and payable. An interest charge of 1.5% per month may be applied to balances in excess of 30 days from the time of service. If collection action is necessary, I agree to pay any collection, attorney and/or court fees incurred by Chiropractic Solutions Center, P.C. in the collection of my past due balance.

Patient's Signature: _____ Date: ____/____/____

Signature of Person Authorizing Care (if different from patient):

I understand that there could be some services that my insurance company doesn't cover and if so, are you willing to pay for these services? ___Yes ___No

NOTICE OF PRIVACY POLICIES

Effective Date: August 31, 2013

Updated: January 1, 2026

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

Understanding Your Health Record/Information

Each time you visit the office, a record is made of your visit. Typically, this record contains any symptoms you may report, our assessment of you on that day, any change to your diagnosis, what procedures we performed, and any change in your care plan. This information serves many purposes:

- it helps us track your care and progress toward your health goals
- it serves as a means of communication to other health professionals involved in your health care
- it is a legal document describing the care you received
- it allows a third-party payer (insurance company) to verify that the services billed were actually provided
- it can be used as a source of data for research
- it helps you track your care and gives you a way to make sure we have accurate records about you

Your Health Information Rights

Although your health record is the physical property of the health care practitioner or facility that compiled it, the information in it belongs to you. You have the right to:

- request restrictions as to how your information is used or disclosed as provided by 45 CFR 164.522
- obtain a paper copy of this notice upon request
- inspect and obtain a copy of your health record as provided by 45 CFR 164.524
- make amendments to your record as provided by 45 CFR 164.528
- obtain a record of any disclosures we've made as provided by 45 CFR 164.528
- request confidential means of communicating your health information to you from our office

Our Responsibilities

Our office is required to:

- maintain the privacy of your health information
- provide you with a copy of this notice
- abide by the terms of this notice
- notify you if we are unable to agree to a requested restriction from you
- accommodate reasonable requests from you regarding communications from our office to you

We reserve the right to change our privacy practices as necessary and to make the new provisions effective for all protected health information we maintain. Should our privacy practices change, we will supply a copy of our revised notice. We will not use or disclose your health information without your authorization, except as described in this notice.

For More Information or to Report a Problem

If you have questions or need additional information, please contact our health information director, Dr. Samantha Coleman, D.C. at (757) 271-0001. If you believe your privacy rights have been violated, you can file a complaint with our health information director or with the Secretary of the U.S. Department of Health and Human Services. There can be no retaliation for filing any complaints.

Examples of Disclosures for Treatment, Payment and Health Operations

1. How we may use your health information for treatment:

- First, we have chosen to work in an open office environment, meaning that all patient treatment is done in an open treatment area. We have found that this environment is conducive to learning and enables us to provide the highest quality of service to our patients. Of course, all consultations, exams, x-rays and financial discussions will be handled in the privacy of a separate room.

Patient Print/Sign: _____

Patient Name: _____ **DOB:** _____

- Our patients' names may appear in a variety of places around the office. For example, all of our patients sign in on our daily sign in sheet.
- On occasion, Dr. Samantha Coleman, D.C. will use a patient's x-rays to help another patient see what can be achieved with corrective chiropractic care. Patient's names do not appear on the X-Rays, however.
- Lastly, patient names may appear on our office mailings, postcards, newsletters, Facebook and website.
- Dr. Samantha Coleman, D.C. may include patient's x-rays in the development of case studies. Patient's names or identifiable information do not appear in the case studies, however.

2. How we may use your health information for payment:

A bill for services may be sent to you or to your insurance company or other third-party payer. Information on or accompanying the bill may include information that identifies you as well as your diagnosis, procedures, and any supplies used.

3. How we may use your information for daily clinic operations:

- Members of the Chiropractic Solution Center, P.C. have access to your health information for the performance of reasonable job-related tasks such as scheduling, appointment reminders, insurance filing, report preparation, data gathering, communications with family members involved in your care, etc.
- Certain business associates of Chiropractic Solution Center P.C. may have access to your health information for the performance of outside services. These include any outside diagnostic services, lab testing services, maintenance, construction, insurance claims filing, attorneys handling legal aspects of a case and collections matters. To protect your health information, we require our business associates to appropriately safeguard your information through a signed agreement.
- Other disclosures: We may disclose health information about you to Workers Compensation programs, public health officials, the FDA, or law enforcement officials as required by state and federal law.

PRODUCT RETURN/EXCHANGE NOTICE

We are unable to accept any return/exchange for any item purchased from our office if it has been used/opened. This includes, (but not limited to) supplements, denerolls, pillows, back supports, seat cushions, Smart Weigh Food, shoe inserts, heel lifts and protein powder.

If an item is unopened/unused, it may be returned for a credit to your account (not a refund of purchase price) within 1 week of purchase date and verification of purchase here. There is a 25% restocking fee for any unopened/unused item returned.

ACKNOWLEDGEMENT OF RECEIPT OF PRIVACY NOTICE

I have been presented with a copy of Chiropractic Solution Center, P.C.'s **Notice of Privacy Policies**, detailing how my health information may be used and disclosed as permitted under state and federal law. I understand the contents of the notice and I request the following restrictions concerning the use of my personal health information:

Signature: _____ Date: _____

If not signed by the patient, please indicate relationship to patient (ex. mother, father)

Relationship: _____ Witnessed By: _____

IF PATIENT REFUSES TO SIGN, INDICATE YOUR ATTEMPT TO OBTAIN A SIGNATURE BELOW:

Patient refused to sign this acknowledgement

Employee Name/Signature: _____ Date: _____

Patient Name: _____ **DOB:** _____

CONSENT TO USE ELECTRONIC COMMUNICATIONS

ChiroSolution Center, P.C.

4460 Corporation Lane, Suite #102

info@mychiroolutions.com

757-271-0001

www.mychiroolutions.com

The Chiropractic Physician has offered to communicate using the following means of electronic communication [check all that apply]:

___ Email

___ Videoconferencing (including Skype®, FaceTime®)

___ Text messaging

___ Website/Portal

___ Social media (specify): Facebook, Instagram, Twitter, YouTube

___ Other (specify): MailChimp

PATIENT ACKNOWLEDGMENT AND AGREEMENT: I acknowledge that I have read and fully understand the risks, limitations, conditions of use, and instructions for use of the selected electronic communication Services more fully described in the Appendix to this consent form. I understand and accept the risks outlined in the Appendix to this consent form, associated with the use of the Services in communications with the Chiropractic Physician and the Chiropractic Physician's staff. I consent to the conditions and will follow the instructions outlined in the Appendix, as well as any other conditions that the Chiropractic Physician may impose on communications with patients using the Services. I acknowledge and understand that despite recommendations that encryption software be used as a security mechanism for electronic communications, it is possible that communications with the Chiropractic Physician or the Chiropractic Physician's staff using the Services may not be encrypted. Despite this, I agree to communicate with the Chiropractic Physician or the Chiropractic Physician's staff using these Services with a full understanding of the risk. I acknowledge that either I or the Chiropractic Physician may, at any time, withdraw the option of communicating electronically through the Services upon providing written notice. Any questions I had have been answered.

Patient Name: _____

Patient Address: _____

Patient Phone Number: _____

Patient Email: _____

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____

Appendix

Risks of using electronic communication

The chiropractic physician will use reasonable means to protect the security and confidentiality of information sent and received using the Services ("services" is defined in the attached Consent to communications). However, because of the risks outlined below, the chiropractic physician cannot guarantee the security and confidentiality of electronic communications:

- Use of electronic communications to discuss sensitive information can increase the risk of such information being disclosed to third parties.
- Despite reasonable efforts to protect the privacy and security of electronic communication, it is not possible to completely secure the information.
- Employers and online services may have a legal right to inspect and keep electronic communication, it is not possible to completely secure the information.
- Employers and online services may have a legal right to inspect and keep electronic communications that pass through their system.
- Electronic communications can introduce malware into the computer system, and potentially damage or disrupt the computer, networks, and security settings.
- Electronic communications can be forwarded, intercepted, circulate, stored, or even changed without the knowledge or permission of the chiropractic physician or patient.
- Even after the sender and recipient have deleted copies of electronic communications, back up copies may exist on a computer system.
- Electronic communications may be disclosed in accordance with a duty to report or a court order.
- Video conferencing using services such as Skype, Zoom, or FaceTime may be more open to interception than other forms of videoconferencing.

If the email or text is used as an e-communication tool, the following are additional risks:

- Email, text messages, and instant messages can be more easily misdirected, resulting in increased risk of being received by unintended recipients.

- Email, text messages, and instant messages can be easier to falsify than hand written or signed hard copies. It is not feasible to verify the true identity of the sender, or to ensure that only the recipient can read the message once it's sent.

Conditions of Using the Services

- While the chiropractic physician will attempt to review and respond in a timely fashion to your electronic communication, **the chiropractic physician cannot guarantee that all electronic communications will be reviewed and responded to within any specific period of time. The Services will not be used for medical emergencies or other time-sensitive matters.**
- If your electronic communication requires or invites a response from the chiropractic physician and you have not received a response within a reasonable time period, it is your responsibility to follow up and determine whether the intended recipient received the electronic communication and when the recipient will respond.
- Electronic communication is not an appropriate substitute for in-person or over-the-telephone communication or clinical examinations, where appropriate, or for attending the Emergency Department when needed. You are responsible for following up on the chiropractic physician's electronic communication and for scheduling appointments where warranted.
- Electronic communications concerning diagnosis or treatment may be printed or transcribed in full and made part of your medical record, such as staff and billing personnel, may have access to those communications.
- The chiropractic physician may forward electronic communication to staff and those involved in the delivery and administration of your care. The chiropractic physician might use one or more of the services to communicate with those involved in your care. The chiropractic physician will not forward electronic communications to third parties, including family members, without your prior written consent, except as authorized or required by law.

- You agree to inform the chiropractic physician of any types of information you do not want sent via the services, in addition to those set out above. You can add to or modify the above list at any time by notifying the chiropractic physician in writing.
- Some services might not be used for therapeutic purposes or to communicate clinical information. Where applicable, the use of these services will be limited to education, information, and administrative purposes.
- The chiropractic physician is not responsible for information loss due to technical failure associated with your software or internet service provider.

To communicate using the services, you must:

- Reasonably limit or avoid using the employer's or other third party's computer
- Inform the chiropractic physician of any changes in the patient's email address, mobile phone number, or other account information necessary to communicate via the services.

If the services include email, instant messaging, and/or text messaging, the following applies:

- Include in the message's subject line an appropriate description of the nature of the communication (e.g. "appointment reschedule"), and your full name in the body of the message.
- Review all electronic communications to ensure they are clear and that all relevant information is provided before sending to the chiropractic physician.
- Ensure the chiropractic physician is aware when you receive an electronic communication from the chiropractic physician, such as by a reply message or allowing 'read receipts' to be sent.
- Take precautions to preserve the confidentiality of electronic communication, such as using screen savers and safeguarding computer passwords.
- Withdraw consent by only email or written communication to the chiropractic physician.
- **If you require immediate assistance, or if your condition worsens, you should not rely on the services. Rather, you should call the Chiropractic Physician's office or take other measures as appropriate, such as going to the nearest emergency department or urgent care clinic.**
- Other conditions of use in addition to those set out above (patient to initial).

I have reviewed and understand all of the risks, conditions, and instructions described in this appendix.

Patient Signature: _____ **Date:** _____

ChiroSolution Center, P.C.
4460 Corporation Lane, Suite #102
Virginia Beach, VA 23462

General Release

I, _____ (please print), grant ChiroSolution Center, P.C. permission to use my information, image, remarks, and/or appearance as embodied in any written document, photographs, digital images (X-Rays), illustrations, research, etc., taken or made on behalf of ChiroSolution Center, P.C. for educational, training, research, marketing and promotional purposes.

I agree that ChiroSolution, P.C. has full ownership of any such media, including the entire copyright. I acknowledge that online marketing sites are owned and managed by 3rd party companies. I acknowledge that I will not receive any compensation for the use of such information and media, and I hereby release ChiroSolution Center, P.C. for any and all claims that arise out of or are in any way connected with such use.

I have read and understood this consent and release.

Signature

Date

RAND 36-Item Health Survey

Choose one option for each questionnaire item.

Patient Name: _____

<p>1. In general, would you say your health is:</p> <p><input type="checkbox"/> 1- Excellent</p> <p><input type="checkbox"/> 2- Very good</p> <p><input type="checkbox"/> 3- Good</p> <p><input type="checkbox"/> 4- Fair</p> <p><input type="checkbox"/> 5- Poor</p>	<p>2. Compared to one year ago, how would you rate your health in general now?</p> <p><input type="checkbox"/> 1 - Much better now than one year ago</p> <p><input type="checkbox"/> 2 - Somewhat better now that one year ago</p> <p><input type="checkbox"/> 3 - About the same</p> <p><input type="checkbox"/> 4 - Somewhat worse now than one year ago</p> <p><input type="checkbox"/> 5 - Much worse now than one year ago</p>
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The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?

	Yes, limited a lot	Yes, limited a little	No, not limited at all
3. Vigorous activities , such as running, lifting heavy objects, participating in strenuous sports	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
4. Moderate activities , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
5. Lifting or carrying groceries	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
6. Climbing several flights of stairs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
7. Climbing one flight of stairs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
8. Bending, kneeling, or stooping	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
9. Walking more than a mile	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
10. Walking several blocks	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
11. Walking one block	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
12. Bathing or dressing yourself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

	Yes	No
13. Cut down the amount of time you spent on work or other activities	<input type="checkbox"/> 1	<input type="checkbox"/> 2
14. Accomplished less than you would like	<input type="checkbox"/> 1	<input type="checkbox"/> 2
15. Were limited in the kind of work or other activities	<input type="checkbox"/> 1	<input type="checkbox"/> 2
16. Had difficulty performing the work or other activities (for example, it took extra effort)	<input type="checkbox"/> 1	<input type="checkbox"/> 2

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

	Yes	No
17. Cut down the amount of time you spent on work or other activities	<input type="checkbox"/> 1	<input type="checkbox"/> 2
18. Accomplished less than you would like	<input type="checkbox"/> 1	<input type="checkbox"/> 2
19. Didn't do work or other activities as carefully as usual	<input type="checkbox"/> 1	<input type="checkbox"/> 2

<p>20. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?</p> <p><input type="checkbox"/> 1- Not at all</p> <p><input type="checkbox"/> 2- Slightly</p> <p><input type="checkbox"/> 3- Moderately</p> <p><input type="checkbox"/> 4- Quite a bit</p> <p><input type="checkbox"/> 5- Extremely</p>	<p>21. How much bodily pain have you had during the past 4 weeks?</p> <p><input type="checkbox"/> 1 - None</p> <p><input type="checkbox"/> 2 - Very mild</p> <p><input type="checkbox"/> 3 - Mild</p> <p><input type="checkbox"/> 4 - Moderate</p> <p><input type="checkbox"/> 5 - Severe</p> <p><input type="checkbox"/> 6 - Very severe</p>
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22. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

- 1 - Not at all
- 2 - A little bit
- 3 - Moderately
- 4 - Quite a bit
- 5 - Extremely

These questions are about how you feel and how things have been with you during the **past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the past 4 weeks ...	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
23. Did you feel full of pep?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
24. Have you been a very nervous person?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
25. Have you felt so down in the dumps that nothing could cheer you up?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
26. Have you felt calm and peaceful?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
27. Did you have a lot of energy?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
28. Have you felt downhearted and blue?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
29. Did you feel worn out?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
30. Have you been a happy person?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
31. Did you feel tired?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6

32. During the **past 4 weeks**, how much of the time has **your physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?

- 1 - All of the time
- 2 - Most of the time
- 3 - Some of the time
- 4 - A little of the time
- 5 - None of the time

How TRUE or FALSE is **each** of the following statements for you?

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false
33. I seem to get sick a little easier than other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
34. I am as healthy as anybody I know	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
35. I expect my health to get worse	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
36. My health is excellent	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Comments:

Patient Signature: _____

Date: _____

NECK DISABILITY INDEX

This questionnaire has been designed to give the doctor information as to how your neck pain has affected your ability to manage in everyday life. **Please answer every section and mark in each section only ONE box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but please just mark the box which MOST CLOSELY describes your problem.**

Section 1 - Pain Intensity

- I have no pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

Section 2 – Personal Care (Washing, Dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self care.
- I do not get dressed, I wash with difficulty and stay in bed.

Section 3 – Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights.
- I cannot lift or carry anything at all.

Section 4 – Reading

- I can read as much as I want to with no pain in my neck.
- I can read as much as I want to with slight pain in my neck.
- I can read as much as I want with moderate pain.
- I can't read as much as I want because of moderate pain in my neck.
- I can hardly read at all because of severe pain in my neck.
- I cannot read at all.

Section 5-Headaches

- I have no headaches at all.
- I have slight headaches which come infrequently.
- I have slight headaches which come frequently.
- I have moderate headaches which come infrequently.
- I have severe headaches which come frequently.
- I have headaches almost all the time.

Scoring: Questions are scored on a vertical scale of 0-5. Total scores and multiply by 2. Divide by number of sections answered multiplied by 10. A score of 22% or more is considered a significant activities of daily living disability.
 (Score x 2) / (Sections x 10) = %ADL

Section 6 – Concentration

- I can concentrate fully when I want to with no difficulty.
- I can concentrate fully when I want to with slight difficulty.
- I have a fair degree of difficulty in concentrating when I want to.
- I have a lot of difficulty in concentrating when I want to.
- I have a great deal of difficulty in concentrating when I want to.
- I cannot concentrate at all.

Section 7—Work

- I can do as much work as I want to.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I cannot do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

Section 8 – Driving

- I drive my car without any neck pain.
- I can drive my car as long as I want with slight pain in my neck.
- I can drive my car as long as I want with moderate pain in my neck.
- I can't drive my car as long as I want because of moderate pain in my neck.
- I can hardly drive my car at all because of severe pain in my neck.
- I can't drive my car at all.

Section 9 – Sleeping

- I have no trouble sleeping.
- My sleep is slightly disturbed (less than 1 hr. sleepless).
- My sleep is moderately disturbed (1-2 hrs. sleepless).
- My sleep is moderately disturbed (2-3 hrs. sleepless).
- My sleep is greatly disturbed (3-4 hrs. sleepless).
- My sleep is completely disturbed (5-7 hrs. sleepless).

Section 10 – Recreation

- I am able to engage in all my recreation activities with no neck pain at all.
- I am able to engage in all my recreation activities, with some pain in my neck.
- I am able to engage in most, but not all of my usual recreation activities because of pain in my neck.
- I am able to engage in a few of my usual recreation activities because of pain in my neck.
- I can hardly do any recreation activities because of pain in my neck.
- I can't do any recreation activities at all.

Comments _____

PLEASE RATE YOUR PAIN ON A SCALE FROM 0-10 WITH 10 BEING THE WORST PAIN EVER.

Reference: Vernon, Mior. JMPT 1991; 14(7): 409

Please rate your pain when it is at its **worst**: 0 1 2 3 4 5 6 7 8 9 10 Please rate your pain **today**: 0 1 2 3 4 5 6 7 8 9 10
 Please rate your pain when it is at its **best**: 0 1 2 3 4 5 6 7 8 9 10 Please rate your pain on **average**: 0 1 2 3 4 5 6 7 8 9 10

LOW BACK DISABILITY QUESTIONNAIRE (REVISED OSWESTRY)

This questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life. Please answer every section and mark in each section only ONE box which applies to you. We realize you may consider that two of the statements in any one section relate to you, but please just mark the box which **MOST CLOSELY describes your problem.**

Section 1 - Pain Intensity

- I can tolerate the pain without having to use painkillers.
- The pain is bad but I can manage without taking painkillers.
- Painkillers give complete relief from pain.
- Painkillers give moderate relief from pain.
- Painkillers give very little relief from pain.
- Painkillers have no effect on the pain and I do not use them.

Section 2 – Personal Care (Washing, Dressing, etc.)

- I can look after myself normally without causing extra pain.
- I can look after myself normally but it causes extra pain.
- It is painful to look after myself and I am slow and careful.
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self care.
- I do not get dressed, I wash with difficulty and stay in bed.

Section 3 – Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it gives extra pain.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, for example on a table.
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned.
- I can lift very light weights.
- I cannot lift or carry anything at all.

Section 4 – Walking

- Pain does not prevent me from walking any distance.
- Pain prevents me from walking more than one mile.
- Pain prevents me from walking more than one-half mile.
- Pain prevents me from walking more than one-quarter mile.
- I can only walk using a stick or crutches.
- I am in bed most of the time and have to crawl to the toilet.

Section 5 – Sitting

- I can sit in any chair as long as I like
- I can only sit in my favorite chair as long as I like
- Pain prevents me from sitting more than one hour.
- Pain prevents me from sitting more than 30 minutes.
- Pain prevents me from sitting more than 10 minutes.
- Pain prevents me from sitting almost all the time.

Section 6 – Standing

- I can stand as long as I want without extra pain.
- I can stand as long as I want but it gives extra pain.
- Pain prevents me from standing more than 1 hour.
- Pain prevents me from standing more than 30 minutes.
- Pain prevents me from standing more than 10 minutes.
- Pain prevents me from standing at all.

Section 7 – Sleeping

- Pain does not prevent me from sleeping well.
- I can sleep well only by using tablets.
- Even when I take tablets I have less than 6 hours sleep.
- Even when I take tablets I have less than 4 hours sleep.
- Even when I take tablets I have less than 2 hours sleep.
- Pain prevents me from sleeping at all.

Section 8 – Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. dancing.
- Pain has restricted my social life and I do not go out as often.
- Pain has restricted my social life to my home.
- I have no social life because of pain.

Section 9 – Traveling

- I can travel anywhere without extra pain.
- I can travel anywhere but it gives me extra pain.
- Pain is bad but I manage journeys over 2 hours.
- Pain is bad but I manage journeys less than 1 hour.
- Pain restricts me to short necessary journeys under 30 minutes.
- Pain prevents me from traveling except to the doctor or hospital.

Section 10 – Changing Degree of Pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow at the present.
- My pain is neither getting better nor worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Comments _____

Reference: Fairbank, Physiotherapy 1981; 66(8): 271-3, Hudson-Cook. In Roland, Jenner (eds.), Back Pain New Approaches To Rehabilitation

Scoring: Questions are scored on a vertical scale of 0-5. Total scores and multiply by 2. Divide by number of sections answered multiplied by 10. A score of 22% or more is considered significant activities of daily living disability.
 (Score x 2) / (____ Sections x 10) = %ADL

PLEASE RATE YOUR PAIN ON A SCALE FROM 0-10 WITH 10 BEING THE WORST PAIN EVER.

Please rate your pain when it is at its worst: 0 1 2 3 4 5 6 7 8 9 10
 Please rate your pain when it is at its best: 0 1 2 3 4 5 6 7 8 9 10
 Please rate your pain today: 0 1 2 3 4 5 6 7 8 9 10
 Please rate your pain on average: 0 1 2 3 4 5 6 7 8 9 10

Headache Disability Index

Patient Last Name	Patient First Name	Patient ID	Date of Birth (MM/DD/YYYY) ____/____/____
Provider Last Name	Provider First Name	Provider Phone (area code first)	

INSTRUCTIONS:

Please **CIRCLE** the correct response:

- I have headache:** (1) 1 per month (2) more than 1 but less than 4 per month (3) more than one per week
- My headache is:** (1) mild (2) moderate (3) severe

Please read carefully:

The purpose of the scale is to identify difficulties that you may be experiencing because of your headache. Please check off "YES", "SOMETIMES", or "NO" to each item. Answer each question as it pertains to your headache only.

YES SOMETIMES NO

- | | | | |
|-----|-----|-----|--|
| ___ | ___ | ___ | F1. Because of my headaches I feel handicapped. |
| ___ | ___ | ___ | F2. Because of my headaches I feel restricted in performing my routine daily activities. |
| ___ | ___ | ___ | E3. No one understands the effect my headaches have on my life. |
| ___ | ___ | ___ | F4. I restrict my recreational activities (e.g., sports, hobbies) because of my headaches. |
| ___ | ___ | ___ | E5. My headaches make me angry. |
| ___ | ___ | ___ | E6. Sometimes I feel that I am going to lose control because of my headaches. |
| ___ | ___ | ___ | F7. Because of my headaches I am less likely to socialize. |
| ___ | ___ | ___ | E8. My spouse (significant other), or family and friends have no idea what I am going through because of my headaches. |
| ___ | ___ | ___ | E9. My headaches are so bad that I feel that I am going to go insane. |
| ___ | ___ | ___ | E10. My outlook on the world is affected by my headaches. |
| ___ | ___ | ___ | E11. I am afraid to go outside when I feel that a headache is starting. |
| ___ | ___ | ___ | E12. I feel desperate because of my headaches. |
| ___ | ___ | ___ | F13. I am concerned that I am paying penalties at work or at home because of my headaches. |
| ___ | ___ | ___ | E14. My headaches place stress on my relationships with family or friends. |
| ___ | ___ | ___ | F15. I avoid being around people when I have a headache. |
| ___ | ___ | ___ | F16. I believe my headaches are making it difficult for me to achieve my goals in life. |
| ___ | ___ | ___ | F17. I am unable to think clearly because of my headaches. |
| ___ | ___ | ___ | F18. I get tense (e.g., muscle tension) because of my headaches. |
| ___ | ___ | ___ | F19. I do not enjoy social gatherings because of my headaches. |
| ___ | ___ | ___ | E20. I feel irritable because of my headaches. |
| ___ | ___ | ___ | F21. I avoid traveling because of my headaches. |
| ___ | ___ | ___ | E22. My headaches make me feel confused. |
| ___ | ___ | ___ | E23. My headaches make me feel frustrated. |
| ___ | ___ | ___ | F24. I find it difficult to read because of my headaches. |
| ___ | ___ | ___ | F25. I find it difficult to focus my attention away from my headaches and on other things. |

OTHER COMMENTS: _____

I understand that the information I have provided above is current and complete to the best of my knowledge.

Signature _____ Date _____

With permission from:
Jacobson GP, Ramadan NM, et al. *The Henry Ford Hospital headache disability inventory (HDI)*. Neurology 1994;44:837-842.

Pain Disability Questionnaire

The Pain Disability Questionnaire is used in Chapter 3 Pain (6th ed, 43-44) and Chapter 17 Spine (6th ed, 599-600). The format provided utilizes a centimeter scale to score, however the size in the *Guides* does not correspond with the same scale. An alternative approach (illustrated below) provides easily administered and scored numerical scales.

Patient Name _____ Date _____

Instructions: These questions ask your views about how your pain now affects how you function in everyday activities. Please answer every question and mark the ONE number on EACH scale that best describes how you feel.

1. Does your pain interfere with your normal work inside and outside the home?

Work normally _____ Unable to work at all
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

2. Does your pain interfere with personal care (such as washing, dressing, etc)?

Take care of myself completely _____ Need help with all my personal care
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

3. Does your pain interfere with your traveling?

Travel anywhere I like _____ Only travel to see doctors
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

4. Does your pain affect your ability to sit or stand?

No problems _____ Cannot sit /stand at all
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

5. Does your pain affect your ability to lift overhead, grasp objects, or reach for things?

No problems _____ Cannot do at all
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

6. Does your pain affect your ability to lift objects off the floor, bend, stoop, or squat?

No problems _____ Cannot do at all
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

7. Does your pain affect your ability to walk or run?

No problems _____ Cannot walk/run at all
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

8. Has your income declined since your pain began?

No decline _____ Lost all income
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

9. Do you have to take pain medication every day to control your pain?

No medication needed _____ On pain medication throughout the day
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

10. Does your pain force you to see doctors much more often than before your pain began?

Never see doctors _____ See doctors weekly
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

11. Does your pain interfere with your ability to see the people who are important to you as much as you would like?

No problem _____ Never see them
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

12. Does your pain interfere with recreational activities and hobbies that are important to you?

No interference _____ Total interference
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

13. Do you need the help of your family and friends to complete everyday tasks (including both work outside the home and housework) because of your pain?

Never need help _____ Need help all the time
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

14. Do you now feel more depressed, tense, or anxious than before your pain began?

No depression/tension _____ Severe depression / tension
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

15. Are there emotional problems caused by your pain that interfere with your family, social and or work activities?

No problems _____ Severe problems
0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

Anagnostis C, Gatchel RJ, Mayer TG. The Pain Disability Questionnaire: A New Psychometrically Sound Measure for Chronic Musculoskeletal Disorders. *Spine* 2004; 29 (20): 2290-2302.